

Name _____

Date _____

The HCL-32 questionnaire for Energy, Activity and Mood

At different times in their life everyone experiences changes or swings in energy, activity and mood ("highs and lows" or "ups and downs"). The aim of this questionnaire is to assess the characteristics of the "high or hyper" periods.

1) First of all, how are you feeling today compared to your usual state:

(Please mark only ONE of the following)

Much worse than usual	Worse than usual	A little worse than usual	Neither better nor worse than usual	A little better than usual	Better than usual	Much better than usual
☐	☐	☐	☐	☐	☐	☐

2) How are you usually compared to other people?

Independently of how you feel today, please tell us how you are normally compared to other people, by marking which of the following statements describes you best.

Compared to other people my level of activity, energy and mood...

(Please mark only ONE of the following)

... is always rather stable and even	... is generally higher	... is generally lower	... repeatedly shows periods of ups and downs
☐	☐	☐	☐

3) Please try to remember a period when you were in a "high or hyper" state.

How did you feel then?

Turn to the other side and check all the statements that happen during a high or hyper state.

In such a "high or hyper" state:	YES	NO
1. I need less sleep	☐	☐
2. I feel more energetic and more active	☐	☐
3. I am more self-confident	☐	☐
4. I enjoy my work more	☐	☐
5. I am more sociable (make more phone calls, go out more)	☐	☐
6. I want to travel and/or do travel more	☐	☐
7. I tend to drive faster or take more risks when driving	☐	☐
8. I spend more money/too much money	☐	☐
9. I take more risks in my daily life (in my work and/or other activities)	☐	☐
10. I am physically more active (sports, etc.)	☐	☐
11. I plan more activities or projects	☐	☐
12. I have more ideas, I am more creative	☐	☐
13. I am less shy or inhibited	☐	☐
14. I wear more colorful and more extravagant clothes/make-up	☐	☐
15. I want to meet or actually do meet more people	☐	☐
16. I am more interested in sex, and/or have increased sexual desire	☐	☐
17. I am more flirtatious and/or am more sexually active	☐	☐
18. I talk more	☐	☐
19. I think faster	☐	☐
20. I make more jokes or puns when I am talking	☐	☐
21. I am more easily distracted	☐	☐
22. I engage in lots of new things	☐	☐
23. My thoughts jump from topic to topic	☐	☐
24. I do things more quickly and/or more easily	☐	☐
25. I am more impatient and/or get irritable more easily	☐	☐
26. I can be exhausting or irritating to others	☐	☐
27. I get into more quarrels	☐	☐
28. My mood is higher, more optimistic	☐	☐
29. I drink more coffee	☐	☐
30. I smoke more cigarettes	☐	☐
31. I drink more alcohol	☐	☐
32. I take more drugs (sedatives, anxiolytics, stimulants...)	☐	☐

4) Did the previous chart, which characterize a “high”, describe how you are...

(Please mark only ONE of the following)

... sometimes? ☐ ⇒ if you mark this box, please answer all questions 5 to 9

... most of the time? ☐ ⇒ if you mark this box, please answer only questions 5 and 6

I never experienced such a “high” ☐ ⇒ if you mark this box, please stop here

5) Impact of your “highs” on various aspects of your life:

	Positive and negative	Positive	Negative	No impact
Family life	☐	☐	☐	☐
Social life	☐	☐	☐	☐
Work	☐	☐	☐	☐
Leisure	☐	☐	☐	☐

6) How did people close to you react to or comment on your “highs”?

(Please mark ONE of the following)

Positively (encouraging or supportive)	Neutral	Negatively (concerned, annoyed, irritated, critical)	Positively and negatively	No reactions
☐	☐	☐	☐	☐

7) Length of your “highs” as a rule (on the average):

(Please mark ONE of the following)

- | | |
|-----------------------------------|---|
| ☐ 1 day | ☐ longer than 1 week |
| ☐ 2–3 days | ☐ longer than 1 month |
| ☐ 4–7 days | ☐ I can’t judge / don’t know |

8) Have you experienced such “highs” in the past twelve months?

- ☐ Yes ☐ No

9) If yes, please estimate how many days you spent in “highs” during the last twelve months:

Taking all together: about _____ days

Source: J. Angst et al. / Journal of Affective Disorders 88 (2005) 217–233; cut-off ≥ 14 .